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Your essential daily news | TUESDAY, MARCH 14, 2017

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Penguins goalie Marc-Andre Fleury pushes defenceman Mark Giordano into the net during the second period Monday night.
THE CANADIAN PRESS



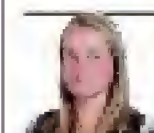
Red *hot* Flames

Calgary extends winning streak to 10 with 4-3 win
Read the story online at [metroNEWS.ca](#)

Foundation director charged with sex assault

CRIME

Teen 'demonstrated great courage in coming forward'



**Lucie
Edwardson**
Metro | Calgary

The Calgary Homeless Foundation has removed Robin Adair Wortman, 62, from their board of directors after he was charged with the sexual assault of a "vulnerable" teen Monday.

Staff Sgt. Melanie Oncescu, of the CPS Child Abuse Unit, said they charged Wortman after a 17-year-old male teenager stepped forward. The investigation began in Jan. 2017, when the teen came to police.

"Police believe the suspect identified the teen as vulnerable, and gave him drugs. He accepted what he thought was crystal meth, but it's also believed he was given what is believed to be GHB to incapacitate him before he was assaulted," said Oncescu.

Diana Krecsy, president and CEO of the CHF told Metro on Monday that they were

"shocked" upon hearing the allegations.

"We're deeply concerned for the well-being of the youth who we believe demonstrated great courage in coming forward," she said.

Krecsy said the CHF governance board convened an emergency meeting in light of the allegations.

"The decision was made to immediately remove Mr. Wortman from the board subject to final court disposition."

Oncescu said on March 12, a 19-year-old went to the suspect's home in the 1000 block of 16 Ave SW.

"The man exited his apartment and allegedly chased the teen down a hallway with a large knife," said Oncescu. "The man was arrested and the teen was unharmed."

Wortman has been charged with sexual assault in relation to the 17-year-old victim.

In relation to the 19-year-old victim, Wortman has been charged with assault with a weapon.

The investigation also led to Wortman, who has no prior police history, being charged with two counts of communication to procure sexual services from victims under 18. He will next appear in court Wednesday.



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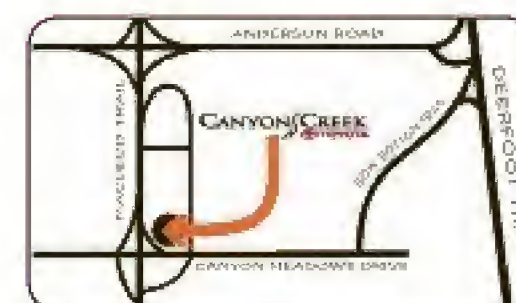
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STAR
SAFETY SYSTEM

Mash-up creates mixed-use zone

COMMUNITIES

Transit friendly development, walkable district the aim

 **Brodie Thomas**
Metro | Calgary

If you've ever played SimCity, you have an idea of how zoning works — residential, commercial, and industrial.

Sure there's variations on this, but those districts are the foundation of so many cities, both digital and real, including Calgary.

Now Calgary is getting ready to add two new land use districts to its arsenal in response to development of the Green Line. They're each a mash-up of residential and commercial, because those two just seem to go together like PB and J.

Stephen Pearce, planner with Calgary Growth Strategies, said the mixed-use districts will come in two different flavours.

One is straight-up mixed-use. It allows for either residential or commercial uses to be built in the area.

The second is called Mixed Use Active Frontage. It requires a frontage that faces a commercial street to have an active commercial use, such as a restaurant or shop.

"It comes from our own research and engagement that indicates a need and support for these kinds of allowances,"



Buildings that have a mix of commercial on the bottom and residential above are nothing new, but two new land-use zones that encourages residential or commercial are set to be approved by council in April. JENNIFER FRIESEN / METRO

“You could have a supermarket with a café-restaurant to activate that street frontage. Stephen Pearce

said Pearce, “but we also did look at practices in a variety of other cities: Toronto, Van-

couver, Halifax.”

There are already plenty of areas that blend retail at

ground level with residential above — think Inglewood. So why develop a whole new land use?

Pearce said under the current land use districts, the size of a business is often regulated. Under mixed use, they’ve

stayed away from regulating size, and are instead regulating the building’s design elements — such as storefront width and certain requirements for glass.

“One of the things this allows is for larger uses to locate in the mixed use buildings,

+ CATEGORIES

■ Calgary currently has seven main categories of land use designations, each with nuanced subcategories.

■ Beyond the expected residential, commercial and industrial, there’s also multi-residential, special purpose, downtown districts and direct control.

■ Direct control is how the city currently deals with unusual properties that don’t fit in the standard zones — but it requires more oversight from administration and council.

but to the line the street with a series of smaller uses. So you could have a supermarket with a café-restaurant to activate that street frontage.”

The new districts are welcome by developers according to Guy Huntingford, CEO of BILD Calgary.

“Industry needs something other than the current districts that exist,” he said.

He said the mixed use will help developers build the high-density, transit-oriented development the city is encouraging.

“When applied in the appropriate context, these types of developments may contribute to making communities more sustainable, vibrant and livable,” said Huntingford.



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INSULIN PUMP

Man held in theft of device

An Alberta man is facing charges after allegedly stealing a child's insulin pump from a Calgary hockey arena.

According to RCMP, on March 11, just after midnight, an off-duty Calgary Police Service member recognized a man he believed to be the suspect RCMP were searching for in relation to the theft of an insulin pump from Stew Hendry Arena in northeast Calgary.

At the time of the theft, the mother of the Airdrie child victim described the insulin pump as "a lifeline."

The man was arrested and identified as 51-year-old Kevin Roggeveen of Alberta, and now faces several charges in relation. METRO

ARSON

Charges laid in fire

The CPS Arson Unit has charged a man in connection to a Panorama Hills house fire.

At about 4 a.m. on March 7, Calgary Fire responded to a house fire in the 200 block of Panamont Court NW. Two adults and four children evacuated the home after a neighbour alerted them to the fire.

Police believed the fire was intentionally started.

CCTV footage from nearby homes captures a man near the home around the time the fire started.

Investigators believed the arson was motivated by a personal dispute between the residents and the suspect.

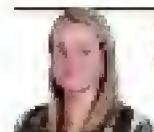
Zhi Li, 55, of Calgary, is charged with arson causing damage to property and arson with a disregard for human life.

METRO

Advocates release 'alternative budget'

ECONOMY

Policy group says Albertans shouldn't fear deficits



Lucie Edwardson
Metro | Calgary

Albertans shouldn't have "deficit phobia" according to a group of volunteer policy advocates who put together an "alternative budget" for the province.

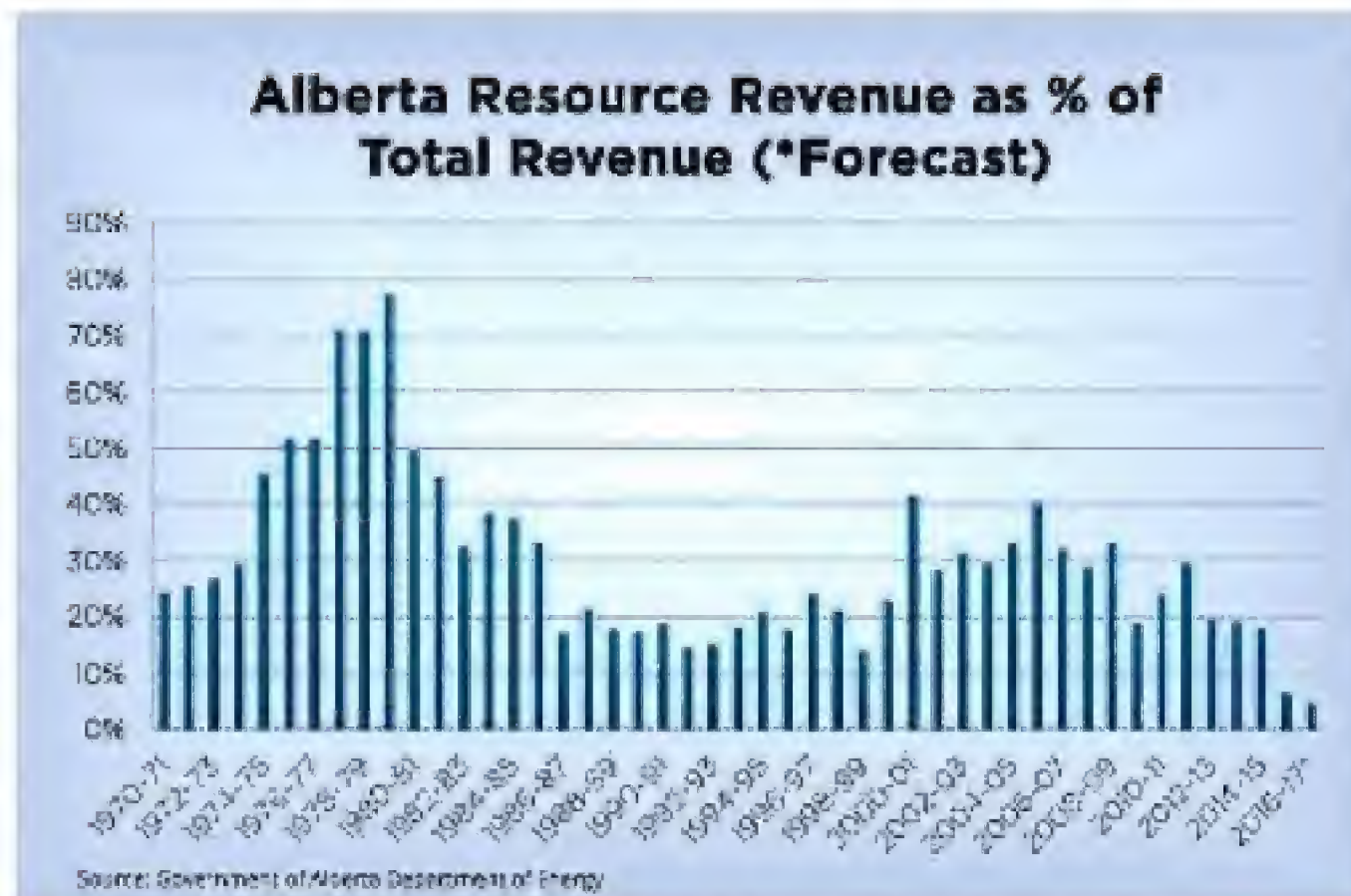
On March 16, Alberta's government will announce the 2017 provincial budget.

Inspired by alternative budgeting exercises across Canada, and with the hopes that creating an alternative budget for Alberta will become an annual exercise, the Working Group For The Alternative Alberta Budget set out to "provide a foundation for moving toward some alternative visioning of what future Alberta budgets could look like."

The group's spokeswoman, Robin Shaban, worked on the most recent alternative federal budget for the Canadian Centre for Policy Alternatives — a self-described non-partisan think tank. She said the points they wanted to make are that "despite tough economic times, deficits are smart."

"Increasing public spending is going to help grow the economy," she said. "Budgets are all about choices, and at this point we have a choice to make. We need to think long term and build a system of prosperity for all Albertans."

This approach is similar to



This graph, in the 'alternative budget,' shows Alberta's revenues from resources are at the lowest in nearly 50 years. CONTRIBUTED

that taken by the Alberta Party in April when they released their "shadow budget," and identified one of their priorities as "long term balance sheet management."

"Restrict Fiscal Plan borrowing to a single bond issue for the 2017 fiscal year only, in order to cover the \$1.9 billion shortfall caused by the collapse of the oil market," they said.



Budgets are all about choices, and at this point we have a choice to make.

Robin Shaban

The Alternative Budget points out Alberta is in its worst recession in 30 years, and highest unemployment rate in 20 years. Shaban said the recent downturn has shown some of the province's "greatest vulnerabilities" in terms of government finances.

"We're rely too heavily on resource revenues," she said. "We need to diversify our economy going forward."

Shaban said one of the key things to look for in the upcoming budget is a strategy to diversify the government's income streams.

"Broadening the number of taxation sources is a great start," she said. "If we were to mirror the tax system in Saskatchewan — which is the second lowest (taxes for indi-

viduals) in all of Canada — we could increase our government revenues by \$7.5 billion."

Taxation is also something the Alberta Party touched on in their shadow budget, where they suggested to "temporarily use revenues to stabilize the fiscal situation in order to reduce the debt burden for future generations and improve Alberta's economic performance"

"At this point taking on debt is a really smart idea because it's going to create jobs, provide stimulus to the economy and protect some of the most vulnerable people in our society," said Shaban.

She said by investing now and taking a long-term approach and investing in public services, we have the potential to reduce costs down the road.

LANDFILL

Rejigged hours reviewed



Helen Pike
Metro | Calgary

Constituents are raising a stink over the city's new staggered landfill schedule.

At the end of 2016, the city announced that their three dumps were hemorrhaging money. Overall there was a \$10 million shortfall. Jobs were cut, and landfill hours adjusted to help with the lack of cash flow.

But on Monday, Coun. Shane Keating raised an issue his constituents are facing: the Shepard Landfill is closed three days in a row, and it's affecting small businesses.

"Shepard is now closed Saturday, Sunday, Monday three days in a row — only open up four," said Keating. "Which is challenging for small businesses and residents, they have to go to completely different areas of the city to dispose their waste."

Rob Pritchard General Manager of Utilities and Environment said there's a landfill open every day of the week under the new hour model.

"At the moment we haven't considered alternative operating models such as staggered operating days, closed days," Pritchard said. "Because this is the first season, the first time we've done this. We will be looking at how effective and efficient it's been, and we'll be looking at our costs. We will be taking under advisement the kind of feedback that we get from our customers."

He did note that tipping revenues are trending down again for 2017 and it's unclear if the city will be able to go back to operating three landfills full time.

"We can't sacrifice the efficiency and effectiveness in our operations," said Pritchard.

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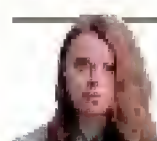


Students from MRU's Criminal Justice program in Nunavut in 2015. METRO

Nunavut field trip gets crowdfunded

EDUCATION

Accessibility is key for travel-centric course at Mount Royal



Helen Pike
Metro | Calgary

Mount Royal University's Criminal Justice program is trying their hand at making their second field school trip more accessible.

In 2015, the program launched head first into their inaugural field school trip to Nunavut, where students paid their way to participate. The course examines how Canada's criminal justice system works in Calgary and in Rankin Inlet.

"It's such a valuable experience," said Nick Eckert, a Criminal Justice student who went on the trip in 2015. "To make it more accessible to more people is definitely the way to go."

This year, in an effort to help

students pay for accommodation and flights, the school has launched a small crowdfunding campaign.

Scharie Tavcer, associate professor for the Department of Economics, Justice and Policy Studies at Mount Royal University, said the class is a hands-on opportunity for students, who will draw on what they've learned both in the classroom and in-field during their careers.

"We're all under the same code, we're all under the same laws and everything," Tavcer said. "But the application of justice is very different up north then it is down here. It's important for our students to know why and to see that reality."

The program takes students through a classroom component in May where they will spend a month visiting the Calgary Court Centre, municipal and national policing agencies and the Calgary Correctional Centre. In June, students will make their way north.

"It's invaluable insight," Eckert said. "We can't apply

this rigid system to different people."

Eckert remembers one court case where a youth was sentenced to house arrest, but allowed weekend visits to hunt and travel through the indigenous lands if he pre-approved them with a parole officer.

"It's important that we understand how, if a person is going to be rehabilitated, we have to allow them to practice their spirituality," Eckert said.

As part of the program, and unique to Criminal Justice programs in Canada, Mount Royal also requires the students to volunteer time on their trip to Rankin Inlet. Tavcer said they will meet elders and youth through their time with the local food bank and clothing closet, the daycare, and with the under-18 girls hockey team.

"We work on self-esteem building and goal setting," Tavcer said.

More information on the program and how to contribute can be found at: mtroyal.useed.net/projects/561/home.

INDUSTRY

Road project to bring on 300 more

Work is set to begin on Calgary's southwest ring road, and as the activity ramps up, they've got 300 additional jobs to fill.

Construction of the roughly \$5-billion project is scheduled to begin sometime in April and a career fair has been organized to pair the right jobs with the right employees.

The one day event is set for April 1, from 10 a.m. to 4 p.m. at the Delta Calgary

South Hotel in the Nakiska Ballroom, 135 Southland Dr. SE.

KGL, Mountain View Partners and the Alberta government are putting on the event for openings that include labourers, field inspectors, and equipment operators, among other roles.

They've asked that all applicants bring their resumes to the trade fair as interviews will be conducted on site.

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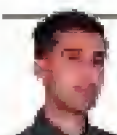
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Enter stage right: New director Stafford Arima

PERFORMING ARTS

Toronto native joins Theatre Calgary after Broadway



Aaron Chatha
Metro | Calgary

Stafford Arima has stepped into the spotlight to become Theatre Calgary's 12th artistic director in the theatre's 49-year history.

Arima, born and raised in Toronto, spent the last two decades working in the New York theatre scene, where he became the first Asian Canadian to direct a musical on Broadway. He headed *Allegiance* in 2015, starring George Takei and Lea Salonga.

At his core, Arima is a musical lover.

When he was 11, Arima's mother took him to L.A., where they found last-minute tickets to see *Evita*, a hot musical at the time. It was a matinee, and he was seated at the back of the theatre.

"I was very upset because all I wanted to do was go to Knott's Berry Farm or somewhere else," he recalled. "In this darkened room, I found myself completely transfixed by this art — this experience happening before



Stafford Arima has spent the last two decades directing on and off Broadway in New York City. Next month he will join Theatre Calgary. AARON CHATHA/METRO

me. The characters and actors looked like little ants, running around the stage, because I was so far away, but I fell in love with it at that moment."

After four years of university, Arima was desperate to get into theatre, however he could. His first job was as a production assistant on the musical *Miss Saigon*, in Toronto.

He made copies of scripts. "It didn't matter to me what I was doing, I just wanted to be part of that world," he said.

Eventually his career took him to the U.S., but he is ecstatic to be back in Canada.

In choosing an artistic director to replace Dennis Garinham, who left Theatre Calgary last year, board chairman Chadwick Newcombe said he wanted someone with vision, who had a strong international network, but who could also respect and reflect Calgary, and its local talent.

Newcombe said Arima stood well above the rest of the candidates.

Although Arima's love for

musicals is sure to play into his programming, Arima's main driver in the role is diversity.

He wants the world on stage to reflect the world we live in.

"Theatre audiences need to be reminded of the stories of those diverse groups," he said. "When you present diversity on a stage, whether that's through choices of casting or a specific story, what we realize is that we're actually all the same."

Arima officially begins work on April 3.

Bill aims to ban sale of blood



Elizabeth Cameron
For Metro | Calgary

Alberta's health minister made it clear Monday that those in the business of blood aren't welcome.

The provincial government tabled a bill Monday banning the sale of blood or plasma, with the exception of Canadian Blood Services (CBS).

"Donating blood should not be viewed as a business venture," said Health Minister Sarah Hoffman. "Some things are too important to leave up to the private market."

Because of their exemption, CBS will continue to provide non-monetary incentives to blood donors such as pins or certificates, according to Hoffman.

"While some provinces are allowing blood or plasma for-profit clinics to set up, that's not the direction we want to take," the health minister said.

She added CBS has not purchased any of the blood or plasma bought by private companies in provinces that allow the practice.

"Which means that the blood or plasma that's being acquired through private donations isn't actually staying in Canada," Hoffman said.

Mike Parker, president of the Health Sciences Association of Alberta, said the union was "delighted and relieved."

"The best way to ensure the safety of our supplies is to keep donations voluntary and to keep the collection in the hands of the public service, rather than corporations, where we have better tracking and transparency," Parker said.

GET TO KNOW

Evita - The first play Arima ever saw, at 11 years old.

Ragtime - Directing the play in 2004 earned him an Oliver Award nomination.

Romeo - The Shakespeare character he most identifies with. "I truly believe love does conquer all."

RICK MERCER REPORT

#rickmercerreport

TONIGHT Things get a little hairy when Rick attends the annual Griz Days festivities in Fernie, BC.

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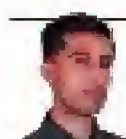


One year ago, a collision on the street caused a car to veer into the side of the restaurant. No one was hurt in the crash.
AARON CHATHA/METRO

Restaurant sees funny side of crash

FOOD

Driving lessons to be awarded for Beltliner's odd milestone



Aaron Chatha
Metro | Calgary

Calgary's Beltliner restaurant is celebrating an important milestone in their history: the day a car crashed through the side of their restaurant.

It was one year ago, on March 13, when a collision sent a vehicle flying through the downtown restaurant.

They were closed at the time and no one was hurt — staff helped the driver out of the vehicle — and the owners chose to take the event in stride, by having a laugh about it.

So they're giving out \$350 towards driving lessons. Calgarians are encouraged to jump on the Beltliner Facebook page, and comment on why they (or someone they know) deserve the lessons.

"Life comes at you fast, and not always the way you want it to," chuckled owner Bren-

+ COMPETITION

Contestants have until March 16 to share stories, which so far have been very light-hearted, on social media. Bankowski said they'll pick a good-natured and funny one as the winner.

dan Bankowski. "I think it's good to try and make light of the things you can. Nobody was hurt, and it just turned into a massive insurance claim. If you can't laugh at your own misfortune, I think your days are going to be a little longer."

It has been a long road to recovery since the crash. It took about five months of dealing with the insurance company and getting repairs done.

The Victoria Park BRZ chipped in to build a 3,000 lb concrete planter in front of the building, which will be filled with plants come spring.

"So now if you'd like to park your car inside the restaurant, you'll really have to mean it," read the Facebook page.

FOREIGN AID

Council OKs \$25K for Haiti hurricane aid



Helen Pike
Metro | Calgary

Money for a cause caused a stir in Council Chambers Monday.

After months of work, Coun. Brian Pincott brought forward a proposal to donate \$25,000 to a Federation of Canadian Municipalities-run program to help rebuild Haiti after its latest disaster from Hurricane Matthew.

After vigorous debate, the

motion was passed 8-7.

"What we're giving is not for the moment or the time, we're helping to rebuild, we're giving money for reconstruction," said Pincott. "It's not us coming in and doing the reconstruction, it's actually assisting the locals to do it themselves."

Ultimately, Pincott said he's pleased but hopes the city will have a broader discussion about how the city should approach deploying staff and funding

during disasters. City manager Jeff Fielding said the city does participate in foreign aid. They sometimes send staff and with various departments, and fundraising efforts help bring cash to causes in need.

"It's not exactly a policy," said Fielding. "In this particular case, this would be the first instance where we'd actually be gifting dollars to the fund FCM." Fielding said from his understanding Haiti doesn't need people, it needs cap-

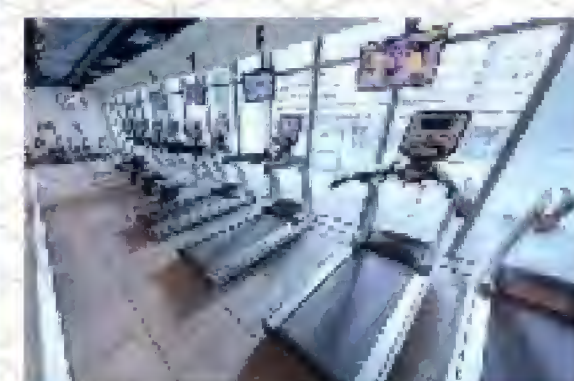
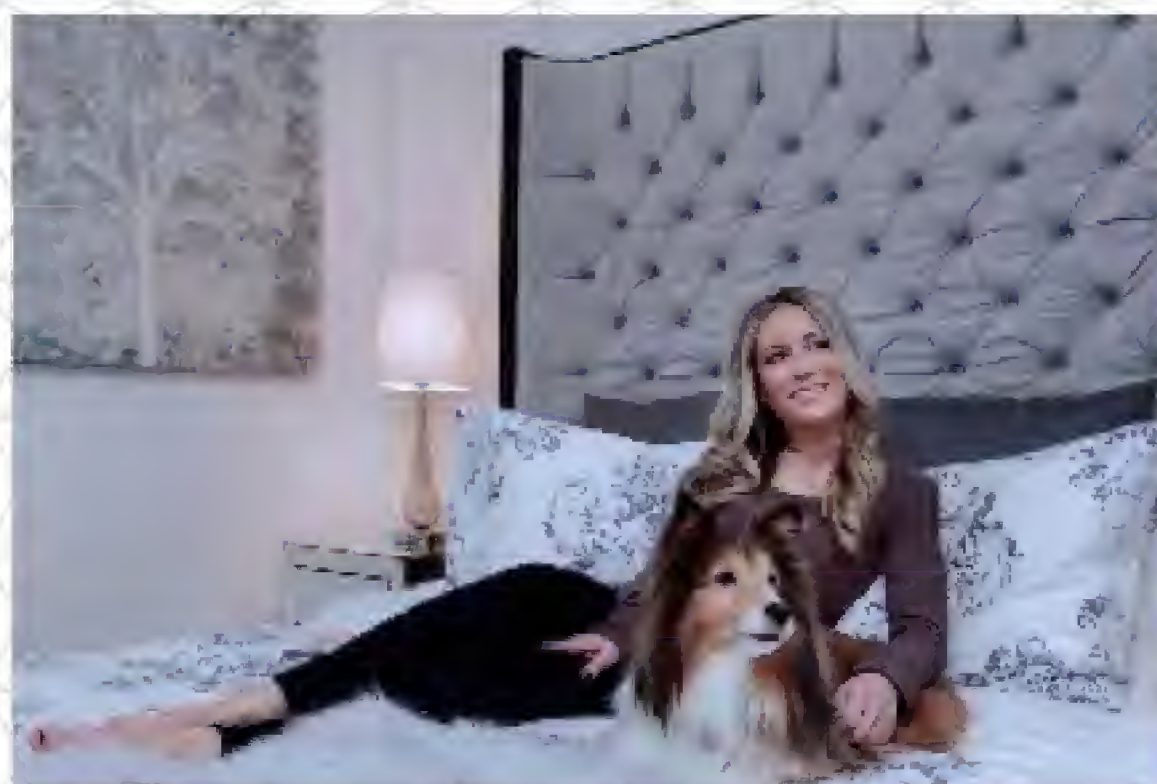
ital dollars. Several councillors brought up issues with spending Calgarians' money, especially in these tough economic times.

Coun. Ward Sutherland said citizens pay their property taxes to the city for city services, and his constituents wonder why their money would go outside of the city. "I'm really struggling with the fact that as a city, we're delivering these services. Should we be sending money outside the city?" asked Sutherland.

VERSUS

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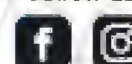
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Girl Guides nix U.S. trips

MUSLIM BAN

Group worries members could be turned away at the border

Girl Guides of Canada is cancelling any trips to the United States, citing concerns that some members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication, said Monday. "We want to make sure that if our girls are travelling that they are not going to be in a risky or unsafe situation.... We can't leave a girl behind."

The organization, which

has 70,000 girls and 20,000 women who are volunteer guiders, said it decided to cancel future travel because of the uncertainty over whether all of its members would be allowed to cross into the United States.

President Donald Trump has recently introduced an

immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity."

Sarah Kiriliuk

immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity."

said.

This includes day trips and weekend outings or longer, and any travel that includes a connecting flight through a U.S. airport.

"Not being able to cross a border, can you imagine what would happen?" Kiriliuk asked.

"A group shows up at the border and one girl can't go across — that puts everybody in a very difficult situation."

If there's a trip that has been planned and paid for, Kiriliuk said, then the organization is doing a risk assessment on those trips.

The organization is encouraging people to take domestic trips especially because this is 150th anniversary of Confederation.

Girl Guides is not the first organization to suspend trips to the U.S.

Several schools and school districts across Canada debated going ahead with trips south of the border following the first executive order issued by Trump in January.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

WORKPLACE

B.C. premier slams mandatory high heels

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her verified Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver.

The bill he introduced on International Women's Day would prevent employers from setting footwear requirements based on gender.

Clark's Facebook entry posted

"This isn't just old-fashioned; in 2017, it's unacceptable."

B.C. Premier Christy Clark

Sunday promises that the government will take action, saying "this practice needs to stop."

There's no indication in Clark's post if the Liberals will back Weaver's bill or bring in separate legislation.

In the United Kingdom, MPs debated a ban last week on man-

datory workplace high heels in response to a petition started by a receptionist who was sent home without pay for wearing flat shoes. The debate was non-binding, but the government promised to act against heel-height rules, makeup guidelines and other corporate codes that

apply to women but not to men.

Nicola Thorp was told in December 2015 that her flat shoes were unacceptable for a temporary assignment in London with finance firm PwC. Her employment agency, Portico, had a dress code specifying that female workers must wear non-opaque tights, have hair with "no visible roots," wear "regularly re-applied" makeup — and appear in shoes with a heel between five and 10 centimetres high.

Thorp started an online petition, calling formal workplace dress codes "outdated and sexist." It gathered more than 150,000 signatures, making it eligible for a debate in Parliament. THE CANADIAN PRESS

HALIFAX

Acquitted taxi driver no longer licensed



Zane Woodford
Metro | Halifax

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since September 2015 when the municipality's appeals standing committee granted his appeal of the revocation of his licence when he was charged in May 2015. But the driver never filed the proper paperwork to actually drive again, and his licence was deemed non-operational. A municipal spokesperson said Al-Rawi's licence expired on Friday.

150 WAYS of looking at Canada

POSTCARD NO. 40

ST. JOHN'S, NEWFOUNDLAND



IT WAS A COOL, CRISP DAY IN LATE OCTOBER AND I DECIDED TO GO FOR A HIKE THROUGH THE BATTERY LEADING UP TO SIGNAL HILL IN ST. JOHN'S, N.L. ST. JOHN'S HOLDS A SPECIAL PLACE IN MY HEART AS THE CITY WHERE I WAS BORN. THESE PICTURES HELP DESCRIBE THE NATURAL BEAUTY OF THE OLDEST CITY IN NORTH AMERICA. **GLENN BARRON**

SEND US YOUR POSTCARD
Each day until July 1, Metro

will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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Scotland seeks new vote amid Brexit spat

INDEPENDENCE

Move comes as U.K. clears final hurdle to begin EU exit

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS



Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE

NETHERLANDS

Turkey gets even for ministers' treatment

Turkey announced a series of political sanctions against the Netherlands on Monday over its refusal to allow two Turkish ministers to campaign there, including halting high-level political discussions between the two countries and closing Turkish air space to Dutch diplomats.

Turkey wanted to drum up support in the Netherlands among Turks eligible to vote in an April 16 referendum that would greatly expand the powers of Turkish President Recep Tayyip Erdogan.

About 400,000 people with ties to Turkey live in the Netherlands, though it's not clear

how many are eligible to vote.

Erdogan said the two cabinet ministers — Foreign Minister Mevlut Cavusoglu and Family Affairs Minister Fatma Betul Sayan Kaya, would ask the European human rights court to weigh in on their treatment. He added that he didn't think the court would rule in Turkey's favour.

Earlier, German Chancellor Angela Merkel backed the Netherlands in its diplomatic fight with Turkey, as NATO's chief called for alliance members to respect each other and the European Union urged Turkey to calm down.

THE ASSOCIATED PRESS



Turkish security officers stand at a barricade outside the Dutch embassy in Ankara on Monday. BURHAN OZBILICI/THE ASSOCIATED PRESS

I like watching News at 6 with Rob Brown, it's informative and local.

- Ashif, Client Services Manager

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Millions projected to lose coverage

U.S. HEALTH CARE

Report defies Trump's talk of 'insurance for everybody'

Fourteen million Americans would lose coverage next year under House Republican legislation remaking the nation's health-care system, and that number would balloon to 24 million by 2026, Congress' budget analysts projected Monday.

Their report deals a stiff blow to a GOP drive already under fire from both parties and large segments of the medical industry.

The Congressional Budget Office report undercuts a central argument President Donald Trump and Republicans have cited for swiftly rolling back the 2010 health-care overhaul: that the insurance markets created under that statute are "a disaster" and about to implode.

The congressional experts said the market for individual policies "would probably be stable in most areas under

either current law or the (GOP) legislation."

The report also flies in the face of Trump's talk of "insurance for everybody," which he stated in January.

Health secretary Tom Price told reporters at the White House the report was "simply wrong" and he disagreed "strenuously," saying it omitted the impact of additional GOP legislation and regulatory changes the Trump administration plans.



I hope they would pull the bill. It's really the only decent thing to do.

Nancy Pelosi

Senate Minority Leader Chuck Schumer said the projections show "just how empty the president's promises, that everyone will be covered and costs will go down, have been."

"I hope they would pull the bill. It's really the only decent thing to do," said House Minority Leader Nancy Pelosi.



House Democratic Leader Nancy Pelosi and Senate Democratic Leader Chuck Schumer speak to reporters Monday about the projection that 14 million people would lose coverage under the House Republican bill. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

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Trump digest

States move forward with Muslim ban lawsuits

More than a half-dozen states trying to block President Donald Trump's revised Muslim ban moved forward Monday with a pair of lawsuits while the government asked that the order be allowed to take effect this week.

Washington state Attorney General Bob Ferguson asked for a hearing with a federal judge before the administration plans to implement the ban Thursday.

THE ASSOCIATED PRESS

More time sought to back up wiretap claims

Facing a Monday deadline, the Justice Department asked lawmakers for more time to provide evidence backing up President Donald Trump's unproven assertion that his predecessor wiretapped his New York skyscraper during the election.

The House intelligence committee said it would give the department until March 20 to comply with the request.

THE ASSOCIATED PRESS

Trump clown faces down Snoop's gun

Snoop Dogg aims a toy gun at a clown dressed as Republican President Donald Trump in a new music video featuring a population of clowns.

The piece also shows a TV airing a news conference with the headline "Ronald Klump wants to deport all doggs," airing live from "The Clown House." The video posted Sunday is for a remixed version of the song Lavender, by Canadian group BADBADNOTGOOD.

THE ASSOCIATED PRESS

FERGUSON

Security footage disputed

A prosecutor was critical Monday of store surveillance footage from a new documentary about the Michael Brown shooting in Ferguson, calling it a heavily edited attempt to distort an incident that occurred several hours before Brown died in an encounter with a police officer.

Filmmaker Jason Pollock responded by calling St. Louis County prosecutor Robert McCulloch a "master of deception" and standing by the video shown in his documentary Stranger Fruit.

McCulloch released five surveillance videos from the early

hours of Aug. 9, 2014, at Ferguson Market & Liquor that he said are unedited and tell a different story than filmmakers suggest.

The footage as it appears in the documentary "was clearly an attempt to distort this and turn it into something it isn't," McCulloch said. He added that it was potentially dangerous, setting off a Sunday night protest that included reports of shots fired.

On Monday night, a few dozen protesters gathered peacefully outside Ferguson Market while police officers guarded the store.

Pollock said there was no de-

ceptive editing.

"He's trying to make it seem like I did something that I didn't," Pollock said of McCulloch on Monday. "Anybody who sees that video knows exactly what they see."

Brown, 18, who was black and unarmed, was fatally shot shortly after noon on Aug. 9, 2014, during an encounter with white officer Darren Wilson. Wilson was cleared of wrongdoing by both a St. Louis County grand jury and the U.S. Department of Justice, but the shooting set off months of protests. THE ASSOCIATED PRESS

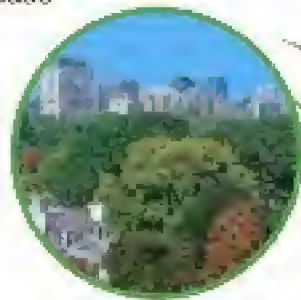
BLUEPRINT by Genna Buck and Andrés Plana

Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**

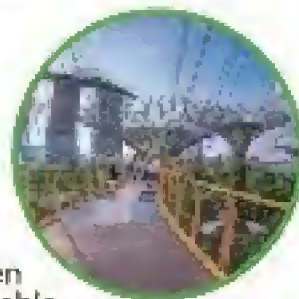
Plant trees

One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.



Bring parks to people

Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.



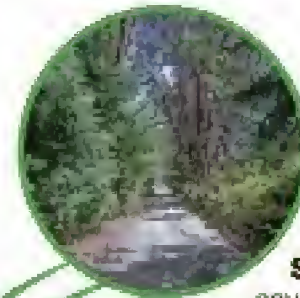
Bring out the best in bodies of water

Oceans, lakes and rivers are "soothing and universally loved" Williams said, so cities should keep them beautiful and make them easy to access. **Wellington, New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.



Take a hike

Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.



Push kids to play

Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.



WORD ON THE STREET by Matt Elliott

City halls need to match the fast pace of city life



under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare.

Thinking about city build-

ing probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can

halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry

about consultation — and those are all important things — but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone — no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other

cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt. I live in a city I want to see grow and improve — and I've got a need for speed.

Matt Elliott is an urban affairs columnist for Metro Toronto.

PUBLIC WORKS

The week in urbanism

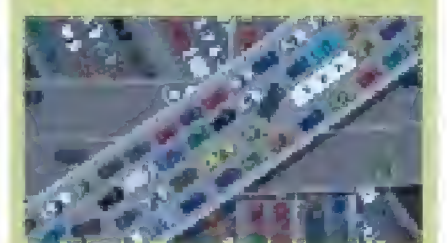


Like the autobahn, but for bikes Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

Like Smell-O-Vision, but for transit Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.

URBAN DICTIONARY

Induced Demand



DEFINITION The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

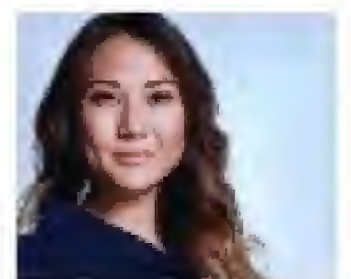
USE IT IN A SENTENCE

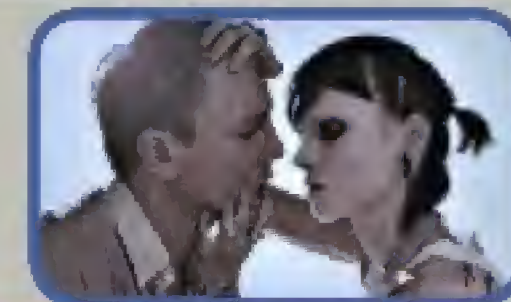
The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

CITY CHAMP

Lourdes Juan is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the LeftOvers Calgary, a non-profit that diverts food from landfills to supply local agencies.

@lourdesmjuan





When home life and work life merge

PARENTING

BBC dad went viral, but role is usually held by 'hybrid' moms

Kristen Thompson
life@metronews.ca

If you spent more than a nano-second online over the weekend, you probably saw the video of a toddler bombing her dad as he's giving a live Skype interview with BBC News.

You also probably laughed out loud as the little girl bounced into her father's home office, followed by a younger sibling in a walker, then their panicked mother who drags the kids out of the room. But for those working from home, that comedy of errors is all too familiar.

With many workplaces offering little flexibility as to when and where parents can work, and daycare costs continuing to rise, more parents are choosing to leave their careers to carve out new paths as freelancers or entrepreneurs.

More often than not it's women, not men, who are entering this new fray: not quite stay-at-home moms, not quite working moms, but some sort of hybrid version of both.

They get to spend their days with their children, but to do that they have to give up meaningful full-time jobs, colleagues and coffee breaks, dependable income and benefits.

Irene Boekmann, assistant professor in the department of sociology at the University of Toronto, says children are a big driving factor forcing women from work, and that this doesn't tend to be the case for fathers.

"There is definitely an inter-

esting gendered story here," she said, pointing out that mothers with younger children are more likely to work from home than other women. "Research shows that children increase Canadian women's (but not men's) likelihood of self-employment."

When home life and work life are one in the same, there's no real break from either.

Melissa Milkie, a sociology professor at the University of Toronto, says a lack of feasible part-time professional work, along with workplaces with inflexible work hours, can be push factors that drive women to entrepreneurial work from home.



What we call 'role-blurring' between work and family roles is actually linked to more distress for workers

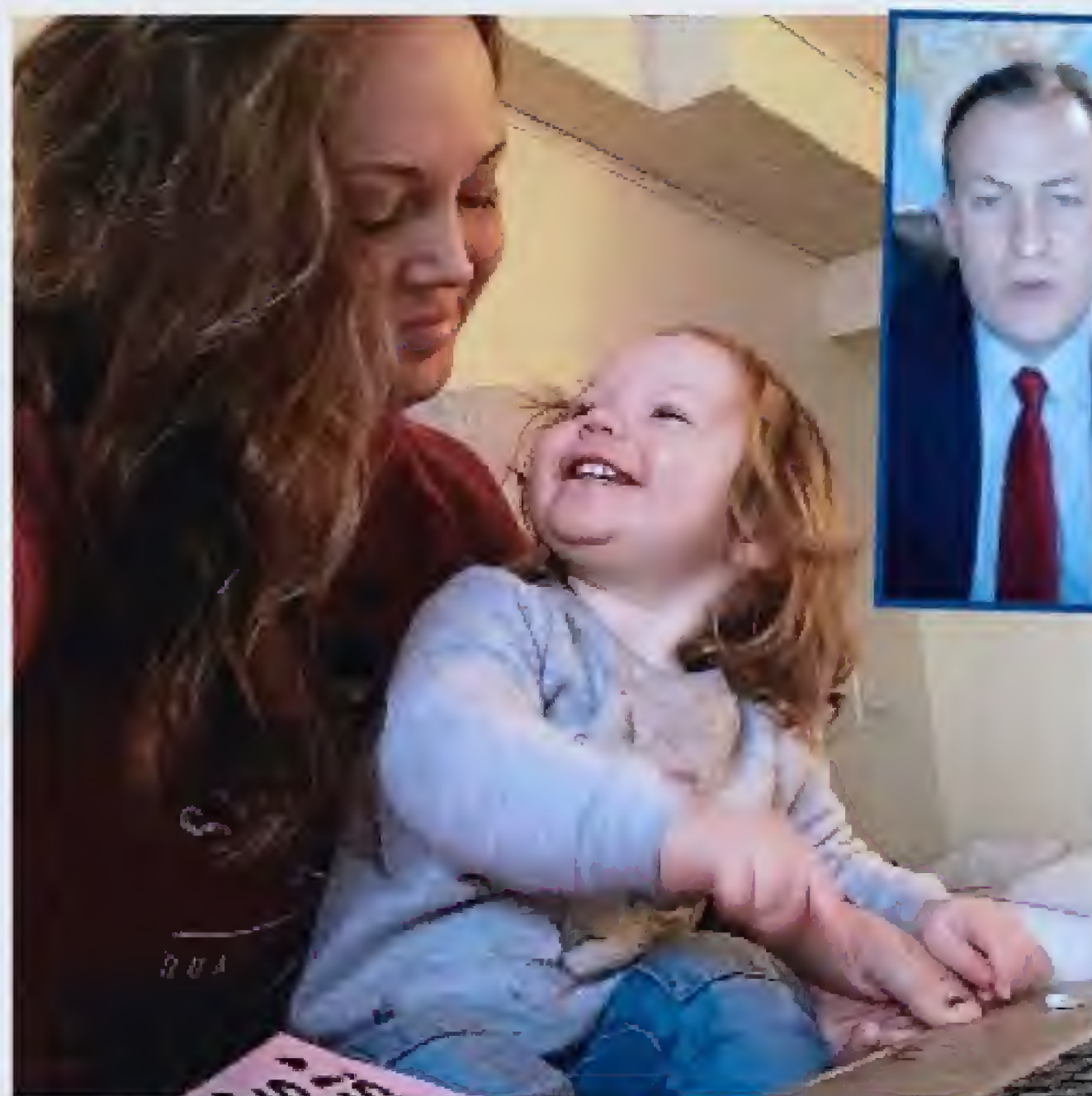
Melissa Milkie

"The unfriendly workplace, full-time work, (they're) not easy to combine with motherhood," Milkie said. "So they move to freelance or other forms of work ... but it may be difficult to re-enter the workforce down the road."

For many women, that means work life and home life become one and the same, and there is no longer a strong distinction between the two.

"What we call 'role-blurring' between work and family roles, is actually linked to more distress for workers — more anxiety, depression, anger and so on. And role blurring is common among those working at home," Milkie said."

TORSTAR NEWS SERVICE



Voices shouting 'mom' under the door: I felt his pain

The first time I watched the BBC video, I laughed out loud — then I cringed, because I've been there.

I've nearly dislocated my shoulder trying to shoo my kids out of the room while doing an interview, or typed frantic "get them out of here!" texts to my husband as tiny voices shout "Mom!" under the locked door.

It sounded luxurious at first: As a freelance journal-

ist I could choose my own schedule, work in pyjamas, have wine at 3 p.m. But the reality ended up being a lot messier.

The truth is I feel I'm pulled in more directions than I can manage.

When home life and work life are one in the same, there's no real break from parenting or working — you're doing both at all times.

Household chores that

were divided up evenly when I worked in the office now fall almost exclusively on me as my husband's work hours are set, and mine are flexible. So I do the bulk of daycare drop-offs and grocery shopping, meal prep and doctor's appointments.

Crammed in between all of that I'm researching, interviewing and writing. I'm signing kids up for swimming lessons while



Kristen Thompson has found working from home as adventurous as Robert Kelly who went viral when his kids crashed his live TV interview with the BBC (inset).

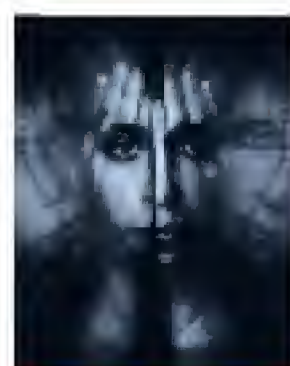
CONTRIBUTED/BBC

sending invoices, changing diapers and setting up interviews. A story that should take three hours to write easily takes three days.

It's two full-time jobs, and there is never a break from either. Because of this, I often feel like nobody really gets my full attention — not my work, and not my family.

Self-employment has been a wonderful opportunity for my family. It meant a pay cut, but it has also meant a degree of freedom I never had in my previous working life.

That doesn't mean it's easy, as the parents in the viral video can tell you. As I type this, my one-year-old is lying on my chest and my three-year-old is yelling for help from the kitchen. It's hard. But it's also the best.



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Stretching: The scientific truth

EXERCISE

Body experts say the way we warm up may be all wrong

Jonathan Forani
life@metronews.ca

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from

Memorial University in Newfoundland.

But Behm and an international group of researchers are closer to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one

that's taut.

Dynamic stretching involves a gambit of movement exercises that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of *Finding Your Fit*.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines

STATIC VS DYNAMIC

Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist **dynamic stretching** is much more important before any rigorous activity.

Before a long run, you might warm up with a **short jog** followed by **deep squats** that grease the legs and hips, Wells suggests. **Walking lunges** are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK



should be a separate workout altogether.

Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home

at night and you feel like you're about to explode, stretching is one of the most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length,

but Behm says he would warn against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

TORSTAR NEWS SERVICE

STUDY

Canadian CF patients live longer

Canadians with cystic fibrosis have a median lifespan a decade longer than their U.S. counterparts and researchers on both sides of the border are trying to figure out why there's such a dramatic survival gap between the two countries.

A study found the median age of survival for Canadians with the inherited disease is almost 51 years, compared with about 40 years for their American counterparts.

After taking into account factors like patient age and disease severity, researchers found the risk of death among people with CF was 34 per cent lower in Canada than in the U.S.

Cystic fibrosis, which is caused by a genetic mutation, causes thick mucus to build up in the respiratory system, leading to frequent infections that scar the lungs and reduce the ability to breathe. Mucus can also block tubes from the pancreas to the small intestine, requiring patients to take multiple digestive enzymes in order to absorb nutrients.

The study, published Monday in the *Annals of Internal Medicine*, was funded by the U.S. Cystic Fibrosis Foundation using data from 45,456 patients in its registry and 5,941 patients in the Canadian registry from 1990 to 2013. The 10-year dif-



Melissa Benoit, left, who has cystic fibrosis and her daughter Olivia at her home in Burlington, Ont.

THE CANADIAN PRESS

adoption in the 1970s of a high-fat, high-calorie diet that resulted in patients being better nourished, said Stephenson, director of the Canadian Cystic Fibrosis Registry.

"If patients were born in that time period — the 1970s and '80s in Canada — they were exposed to good nutrition right from diagnosis or from birth," she said. "And they perhaps are benefiting from that early and long exposure to good nutrition. We know nutrition is definitely related to survival."

That diet, developed and tested at Toronto's Hospital for Sick Children, became the standard of care for CF patients in much of the world.

However, it wasn't adopted in the U.S. until about a decade after a 1989 Sick Kids' study showed that Toronto patients with CF had a better survival rate than those being treated at a comparable clinic in Boston.

"So we're thinking the effect of that may be a bit delayed in the U.S. because of the different approaches to nutrition in those early days," Stephenson said.

Differences in health-care systems between the two countries might also affect the median age of survival, especially among U.S. patients without medical insurance, the researchers suggest.

THE CANADIAN PRESS

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Witnessing the birth of our own star system

THE SHOW: The Canadian Screen Awards (CBC)
THE MOMENT: The birth of a star system

Midway through the two-hour ceremony honouring excellence in film, television and digital, the director Atom Egoyan introduced Lifetime Achievement Award winner Christopher Plummer as "quite simply, the best stage and screen actor this country has produced."

Plummer was as professionally modest as ever. "I'm so old my first word as a baby was in Latin," he began, and concluded with, "The curtain has not yet fallen [on my career]. It's simply stuck."

So clearly deserving is Plummer, you have to wonder who the Academy of Canadian Film and Television could have given this award to before him. But the night provided some candidates who might earn it down the road.

Tatiana Maslany won best

actress for both the film *The Other Half* and the TV series *Orphan Black*. Wunderkind-turned-Wunderadulthood Xavier Dolan won for writing and directing *It's Only the End of the World*.

Other awardees included Stephan James, Molly Parker, Vincent Cassel, Catherine O'Hara and Tantoo Cardinal.

Notice a pattern? Canada keeps insisting it doesn't have a star system, but it sure looks to me like we have stars.

Yeah, Dave Chapelle got a standing ovation just for showing up, but the Icon award he presented was a worthy one, to Montreal's Just for Laughs. And guess why: because it creates and nurtures comedy stars.

Then, in the most promising development, *The Fan's Choice* award went to Natasha Negovanlis, who plays the title character, a queer vampire, on *Carmilla*, a digital series. It wasn't exactly the *Big Bang*, but small explosions create stars, too.



Natasha Negovanlis with her CSA award. TORSTAR NEWS SERVICE

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

OBITUARY AMY KROUSE ROSENTHAL

Beloved author and filmmaker passes away

Amy Krouse Rosenthal, an author, filmmaker and speaker who brightened lives with her wide-eyed and generous spirit — and broke hearts when she wrote of being terminally ill and leaving behind her husband Jason — died Monday at age 51.

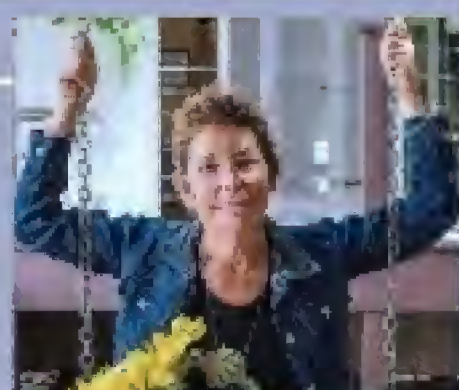
Rosenthal had been diagnosed in 2015 with ovarian cancer. Her death was confirmed by her longtime literary agent, Amy Ren-

nert, who said Rosenthal "was the most life-affirming person, and love-affirming person."

Rosenthal completed than more 30 books. She made short films and YouTube videos, gave TED talks and provided radio commentary for NPR.

She also raised three children and had a flair for random acts of kindness, whether hanging dollar bills from a tree or leaving notes on ATM machines.

"I do what feels right to



Rosenthal recently wrote the essay *You May Want to Marry My Husband* for the *New York Times*.

me. If it resonates or plants some seeds, great," she told *Chicago* magazine in 2010.

THE ASSOCIATED PRESS



Bartender/host Adam Snider from the show *First Dates*, which airs Tuesdays on Slice. HANDOUT

Going in blind — with flies on wall

REALITY TV

First Dates puts us in the heart of the awkwardness

Two strangers walk into a bar. That's not the beginning of a joke, that's the premise behind *First Dates*.

The series, which invites viewers to eavesdrop on couples as they squirm through a blind date, returns for a second season March 14 on Slice.

The *First Dates* franchise started several seasons ago in the U.K. This English Canada edition takes place at an upscale Vancouver restaurant. (A French Canadian version was shot in Montreal.) About a thousand potential daters applied; three-quarters

were single women.

"Men are harder to find," says executive producer Toby Dormer. "That may be down to Vancouver: hard to find single men."

Greeting them at the restaurant is host/bartender Adam Snider. "I can usually tell right away if there's any chemistry," he says. "Of course there's a lot of nerves. First dates are scary, right?"

In the season's first episode, an exotic dancer is matched with a "strapping stuntman." A few tables over, a masseuse named Megan is, we are told, "looking to get her hands on Mr. Right." She's paired with Rob, a marine technician who seems lost at sea.

"How old are you anyways?" was one of Rob's charming openers. Things went downhill from there.

All the chemistry, fireworks, awkwardness and discomfort

is captured by over 40 cameras.

"They're small, about the size of a pint of beer," says Dormer of the unmanned cameras. The daters — who can be in the restaurant up to two hours — quickly forget the cameras are there. "It's about as close as you can get to being a fly on the wall."

There are some surprises in the season premiere, especially when viewers learn what came next for two gay daters who met at the restaurant.

Season 2 features straight, gay and lesbian couples.

"We have a trans woman," says Dormer. "It's simply who came to us. Every person out there is welcome to be on the show. We have kids who were 19 and we had people in their 70s. Searching for a partner, for the most part, is about as universal a theme as you can get."

THE CANADIAN PRESS

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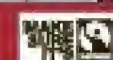


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Be prepared for disaster

The storm sweeping southern Ontario doesn't look so bad. But that might not be true next time. Do you know what you'll need if you get stranded for 72 hours? **We have you covered.**



Snowstorms rolled into Toronto Monday afternoon with more wild weather promised before winter is out. EDUARDO LIMA/METRO

Genna Buck
Metro Canada



It's easy to get lazy about emergency preparedness during a long, mild winter.

Have you been putting off packing a disaster kit? Have one, but raided it for snacks months ago? You're not alone.

But with the weather so unpredictable, it's always wise to take a page out of the preppers' book and get some supplies together just in case. That way, you'll never be stuck lining up for batteries and bottled water when the fore-

cast looks scary.

Experts recommend packing this stuff in a rolling suitcase, keeping it in a convenient spot like a front hall closet, and putting a mini-version in the car. And remember: Spring is flooding season. It never hurts to be ready.



THE JUST-IN-CASE BAG

KEEP THIS IN AN EASY-TO-REACH PLACE

- ☐ **Copies of important documents**, like ID and insurance information, are a no-brainer.
- ☐ **Write down phone numbers.** If your device dies, you'll need to know how to get in touch with your loved ones and local emergency services.
- ☐ **An extra phone battery** is a good idea, too.
- ☐ **Cash**, including plenty of small bills and change for payphones. ATMs and cell phone towers may be down if the power is.
- ☐ **Duct tape**, plus a **tarp**: Good for all-purpose fixing and covering broken windows.
- ☐ **Wrench** or other tools: You may need to turn off utilities like gas, water and electricity. Figure out how to do this where you live, and pack the tools you'll need.
- ☐ **Non-perishable food, water, toilet paper and a can opener:** Enough to last every member of your household for 72 hours. The rule of thumb for drinking water is two litres per person per day.
- ☐ **First aid kit** with hand sanitizer and preferably a dust mask (the Red Cross has these).
- ☐ **Blanket**
- ☐ **Flashlight and extra batteries**
- ☐ **Portable radio:** To listen to local announcements. Make sure it doesn't need to be plugged in!
- ☐ **A whistle** to call for help
- ☐ **What YOU need:** What would you be in trouble without for three whole days? Baby formula, diapers, pet food, medications, toiletries?

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Kitchen reno budgeting 101: What you need to know

Spring is the season for home improvements, and if a kitchen renovation is at the top of your list, there are a few key budgeting aspects you should consider, according to Carl Russell, general manager of local kitchen design specialist Cabinet Solutions.

Make Your Wish List

"Write down everything you want in your new kitchen with the things you want most at the top," says Russell. "Dream big and don't stress too much about budget, because some things you think are expensive might not be."

Once you know what your ideal is, your kitchen designer will help you prioritize your budget.

Find Your Style

Do you prefer traditional, rustic, transitional, contemporary or modern design? What cabinet finishes do you like? Start collecting ideas to show your kitchen designer by bookmarking looks in a magazine, or starting a Houzz or Pinterest board.

Establish How You'll Use the Kitchen

"The more you know about how you're going to use the space, the better it can be designed to fit your lifestyle," Russell says.

Do you have children or are you an empty nester who likes to host? Do you cook or bake

by yourself or with a partner?

Reality Check

Are you renovating to resell or is this your forever home? What are you replacing and what can be kept as-is? "Cabinets and countertops are a given, but also list other items to replace or upgrade, like flooring, electrical, lighting fixtures, plumbing and appliances," says Russell.

Pick a Pro

Once you know what you want, make sure you find a local, bonded and licensed cabinet company with professional cabinet experts you can trust.

Now that you know the basics, you can estimate cost. Check out Cabinet Solutions Reno Calculator (cabinetsolutions.com/calculator), an online tool designed to make it easier for you to get a ballpark estimate for budgeting.

No matter what your renovation budget, Cabinet Solutions offers a range of price and product options, including their \$9,000 Kitchen Package (cabinetsolutions.com/csplus), which offers affordable, high-quality cabinets with a lifetime warranty, plus excellent appliances and finishes to choose from.

To learn more, visit
Cabinet Solutions
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LEARNING CURVE

Nurture your creative passion

The English program at St. Mary's University is for anyone who loves language, narratives and stories.

It is for people who are curious about meaning and who want to learn how to express themselves clearly through written and oral communication.

"(The program is for) students who want to stand out as potential employees for their ability to research, read, analyze and disseminate information efficiently and with a high degree of excellence," says Tara Hyland-Russell, vice-president academic and dean, St. Mary's University.

The program offers two overlapping degrees: a three-year BA and a four-year BA.

The three-year program suits many students who want to enter the two-year B.Ed.



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program on an accelerated schedule, or who do not necessarily need the more standard (and somewhat more rigorous) four-year degree to reach their academic, personal and professional goals.

The four-year program is designed for

honours equivalency, which makes it preferable for students who wish to pursue advanced degrees after graduation, or whose interest in literature and culture motivates them to study it that much more closely and thoroughly.

As an associate professor in this program, Dr. Luke Bresky loves teaching in this small program because it gives instructors an opportunity to get to know the students.

"The quality of interaction in classrooms and office hours, and the social dynamic more generally, has struck me as very different here from what I've encountered as an instructor and a student at larger universities — it's a warmer and more personal environment," says Bresky.

"This is really important in English because conversations about literature and culture are so basic to how we learn: knowing each other the way we do makes for a better conversation."

For graduates of this program, they may go on to pursue careers in marketing, communications, copywriting/technical writing, public relations, customer service, financial planning, legal or sales.

This program also provides excellent preparation for a law degree or library science degree (librarian).

For more information about the English program at St. Mary's University, visit stmu.ca.



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A free online program is helping protected residents learn French

Permanent residents and protected people who want to integrate into Canadian society by learning the French language can do so at their convenience thanks to a free online program, CLIC en ligne.

"Learning the language is one of the most important things to do when you immigrate to a new country," says Fabienne Labatut, the project lead of the program, which is the online version of the French-language program, cours de langue pour les immigrants au Canada (CLIC). "Our training focuses on learning language related to housing, banking, citizenship and how to get a job, to name just a few, through reading, writing, listening and speaking."

CLIC, which is funded by Immigration, Refugees and Citizenship Canada and, since 2014, run by La Cité Collégiale, is offered at various levels.

Students complete each level through a combination of group and independent learning, and have access to their instructor as well as CLIC's administrative team.

The program has gone from having four participants when it launched to more than 200 in six provinces, says Labatut. This year, it will expand across Canada.



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"Our program will be a great opportunity for people in regions or provinces when there is very little French language training offered," says Labatut. "We have seen a lot of province mobility for immigrants and knowing both official languages has proven an asset in job hunting."

To learn more, visit clicenligne.ca.

Find success by boosting your digital marketing skills

Social media and digital literacy are critical when you're working in a business setting.

If you're looking to boost your skills in your current job, or you're interested in entering a new career in the business field, business administration management may be for you — and social media and digital skills are essential to your success.

It's knowledge you can apply to a vast number of areas, from management to marketing.

Understanding strategic web design, digital marketing fundamentals, social media marketing strategies and other topics will help you stay on top of current business trends no matter where you're working.

If you're interested in entering this field, you can get all the skills and knowledge you need from the right education program.

The Reeves College Business Administration Management program has courses that will help you develop cutting-edge digital and



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social media skills and other essentials of business administration management.

It's the key to entering your new career with confidence, demanding a higher salary and quickly advancing to the position you want.

Students complete a five-week practicum placement that helps them learn on-the-job skills that will help them get a new job or advance to a better position at their existing workplace.

There are many different jobs available in the field, including office administrator, marketing assistant, accounting assistant and business owner.

Find out more at studybam.reevescollege.ca or by calling 1-800-670-4512.

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ambrose.edu 1-800-461-1222



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Explore a rewarding career in payroll accounting

As a single mother of two teenagers, Tabatha Rushton was looking to upgrade her skills at a school that was close to her home and fit into her busy schedule.

Rushton had spent more than 10 years working in an office setting and knew that was where she wanted stay.

She chose Academy of Learning Career College to gain new skills to help her further succeed in an office setting.

"I chose the computerized payroll accounting diploma program because I like working with numbers and I've

had jobs in the past where I have entered payroll and I enjoyed it," she says.

**I ENJOY
COMING
INTO SCHOOL
EVERY DAY...**

— **Tabatha Rushton**

"So with a current education and a diploma, I thought I could make a good career out of it."

Since meeting with an advisor at Academy of Learning, Rushton knew she had made the right choice for her education.

"She gave me answers to every question I had and let me know what she thought would be good for me," says Rushton.

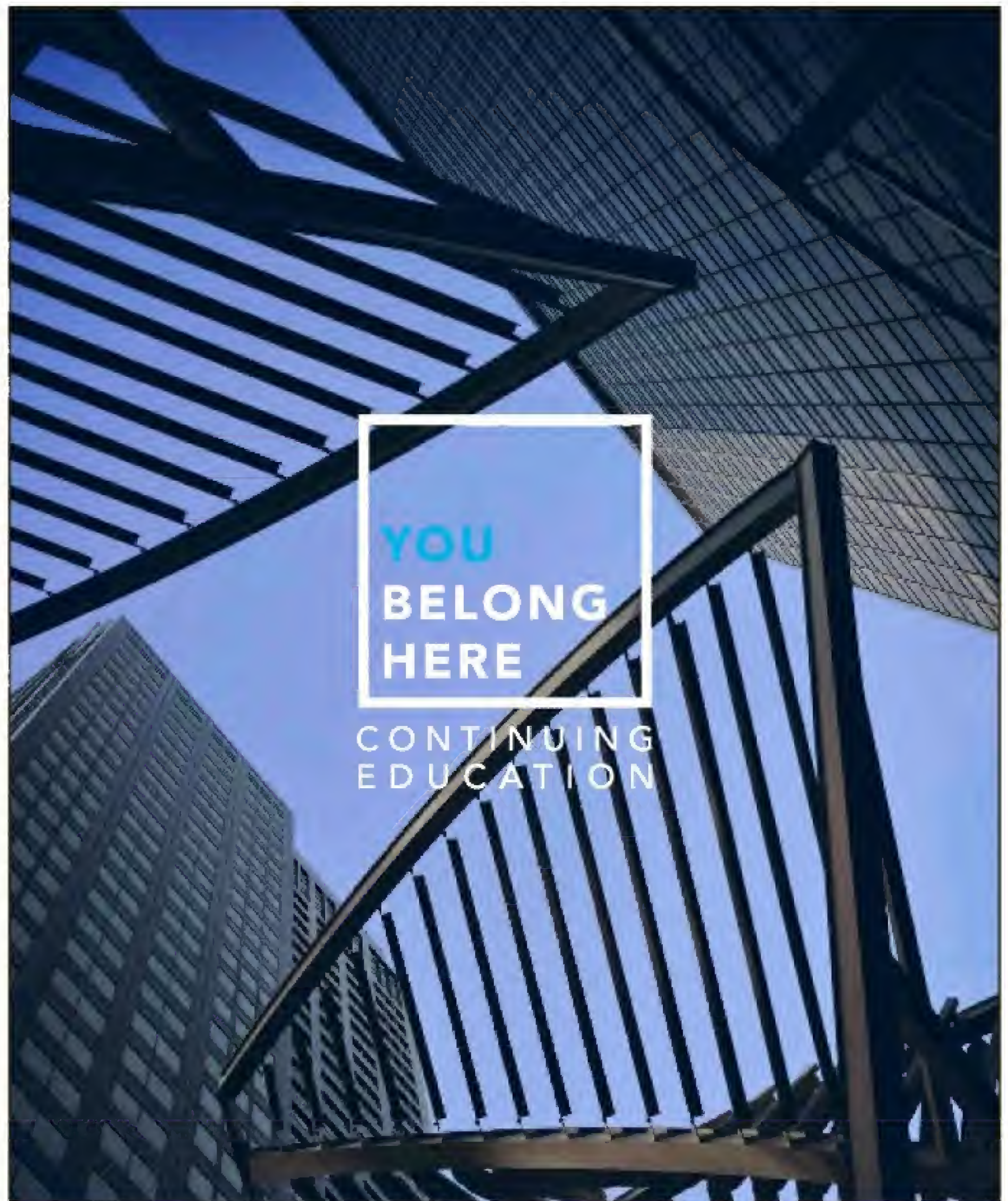
"She really took the time to listen to me, and helped guide me in the right direction."

Rushton now recommends the program and the school to others.

"I enjoy coming into school every day, the workers here make me feel welcome and are always lifting my spirits," says Rushton.

Once Rushton completes this 44-week program, she hopes to find full-time work in payroll.

For more information about the computerized payroll accounting diploma at Academy of Learning, visit academyoflearning.ab.ca.



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Connecting youth with local businesses

The benefits of Connections to the Workplace reach beyond Calgary city limits to serve a larger community.

Connections to the Workplace is a government funded initiative that assists young post-secondary educated professionals in finding paid work in their field by matching them with employers that serve the Calgary area, including Foothills, Strathmore, Chestermere, Banff, Canmore, Cochrane and Airdrie.

"We have helped employers tap into the hidden job market and connected them with qualified and eager new grads and young professionals throughout all industries," says Nathalie Caron, project officer of Connections to the Workplace.

"We are looking to further connect with regional employers as many small to medium business owners can really benefit from our services," she said. "For spring and summer placement — the first step is to register with us online at employer link."

As a new Alberta College of Art and Design



CONTRIBUTED

grad, Victoria Braun had been job hunting for months before meeting Caron, who helped connect her with The Juice Shop.

"They (Connections to the Workplace) have amazing employers, have fair wage and I have recommended them to friends," says Braun.

Connections to the Workplace partners with employers looking for post-secondary graduates for full-time placements at a wage of \$18.40 per hour. The employers must be able to provide a comprehensive 12-week training period.

"They offer quality candidates, and in this economy it's helped us save time and money," says Paola Little, CHN holistic nutritionist and owner of The Juice Shop.

If you are an employer interested in partnering with Connections to the Workplace, register online at mycareerconnection.ca/youth.

LAUNCHING STUDENTS INTO THEIR CAREER PATH WITH LITERATURE

English is best defined as a single educational path to many career opportunities — writer, journalist, librarian, editor, teacher, lawyer, to name but a few.

"Because English is foundational for all areas of life, whether creative or practical, it is at the centre of what makes us human," says Dr. Rita Dirks, associate professor and chair of English Literature, Ambrose University.

"On its own, it offers the opportunity for self-realization, growth, learning, and appreciation of culture and is a discipline that leads to many fulfilling career destinations."

The English literature bachelor of arts degree program at Ambrose University helps students develop the critical thinking and problem-solving skills that many employers seek.

The program aims to cover English literary history; to teach students to think, read and listen critically, and to use language with clarity, judgment and imagination, which they can carry into their future careers.

"Some of our graduates are published novelists, lawyers, teachers, technical writers, editors, librarians, business owners, instructors, PhD students at larger universities (future professors)," says Dirks.



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All literature classes are taught by professors, not graduate students, as is often the case at larger universities.

The small numbers in classes attract students who like to have their work and progress attended to individually; professors can tailor assignments to students' interests and chart their development year after year.

"At Ambrose, students can connect with their professors and classmates, in order to grow academically and personally," says Dirks.

For more information about the English program, visit ambrose.edu.

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Massage is a growing industry, and most extended health plans cover massage therapy.

More and more employees are seeing the benefits in regular massage, and their employers are understanding that healthy workers contribute to greater profits.

Massage is effective for office workers, athletes, pregnancy, chronic pain conditions, acute injuries and more.

For this reason, Robertson College is excited to now offer a massage therapy program to help train individuals to become registered massage therapist who can enter the workforce and help meet the growing demands on the industry.

"This new program is very exciting; we have experienced staff dedicated to providing a seamless program," says Christa McKegney, registered massage therapist and massage therapy program coordinator for Robertson College.

This program is designed for aspiring students interested in massage therapy and utilizing scientific strategies to help improve both acute and chronic conditions in both the general public as well as in athletes.

"Robertson College is committed to providing a complete educational experience for qualified students," says McKegney.

"The program is heavily based in the sciences, and also comprises a clinical component where hands-on techniques are mastered."

Students of this program will study a wide variety of topics that cover the sciences of anatomy and physiology, as well as pathology and more.

They learn how to assess clients' health conditions and how to select and perform the most effective treatment options for those conditions.

They will also learn to recognize when to refer a patient out to another health professional.

The program builds on the success of the same program offered at the Robertson College Winnipeg Campus. It is broken down into two levels — massage therapy (year 1) and advanced massage therapy (year 2).

The total program consists of 2,250 hours and includes clinic and practicum.

The course is split into science (classroom) and clinic (hands on in the lab).

The students will study in a clinical massage lab setting, to facilitate their hands-on training.

Science-specific classes are held in a classroom environment.

Additionally, students will go into the field to experience a mobile massage environment, under supervision.

With this education, a massage therapist has a wide array of career opportunities that include: spa, multi-disciplinary clinics, massage clinics, mobile massage, home-based clinics, cruise work, etc.

The next intake for this new program is scheduled for late May.

Financial assistance is available to students who qualify.

For more information about the new massage therapy program at Robertson College and how to apply, visit robertsoncollege.com.



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Ryan Wenger blended his knowledge of espresso, skills as a mechanic and lessons learned in the Bachelor of Business Administration degree program at Mount Royal to build a successful coffee shop from the "grounds" up.

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BECOME A LEADER IN BUSINESS

The Alberta Haskayne executive MBA program is committed to providing a highly supportive learning environment for all students who are interested in enhancing their careers through this respected program.

This program has been tailored to mid- and senior-level working professionals who want to work and keep their full-time jobs.

The curriculum focuses on developing a greater depth of management skills, obtaining exposure to seasoned strategy experts and gaining a richer understanding of team dynamics.

Ranked among the top 20 Best Joint Executive MBA programs by New York-based Ivey Exec Inc., the Haskayne EMBA is a highly interactive program that allows students of the program to bring their leadership qualities to life.

EMBA students have access to a variety of resources aimed at elevating their



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learning experience.

Through the executive speaker series, students will interact directly with business leaders who discuss how to tackle tough issues and effective leadership styles.

Previous speakers of this series include Gregg Saretsk, CEO, WestJet Airlines, Jeff Gustavson, president, Chevron Canada Ltd. and

Brett Wilson, entrepreneur, philanthropist and dragon (from the TV show Dragon's Den).

Toward the end of the 20-month program, students complete an international study tour and are involved in meetings at government embassies, visits with local businesses and Canadian businesses operating abroad and visits to cultural and historical sites.

Learn more about the MBA program

To find out more and connect with an advisor, attend the upcoming information session:

- Thursday, April 6
- 5:30-7:00 p.m.
- University of Calgary Downtown Campus
- 906 – 8th Ave SW, 6th floor

For more information, contact Chris Marks at chris.marks@haskayne.ucalgary.ca

All students of this program will receive catered meals throughout the semester and will receive free parking for in-class sessions.

For those students who miss a session, all in-class sessions are recorded and made available to students to recap topics or to view a missed session.

All EMBA students also receive career counseling and have free access to an executive coach to help further hone their personal leadership style and to help support them in balancing their personal and professional goals.

To learn more about the EMBA, contact Louise MacDonald, executive MBA program manager at louise.macdonald@haskayne.ucalgary.ca, or visit haskayne-emba.ca.



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BRING SMILES TO PATIENTS IN THE DENTAL HEALTH CARE PROFESSION

The dental department at Columbia College is designed to provide students with the skills, technical knowledge and clinical experience essential to becoming an effective member of the dental health care profession.

With the potential for further advancements always on the horizon, Columbia College makes sure that all their dental programs are on top of the current procedures and skills.

"Dentistry is a field that is always expanding and implementing new technology," says Micheline Gagnon-Wardill, assistant program chair, dental assistant professional program, Columbia College.

The dental department at Columbia College includes the dental assistant professional certificate program, as well as dental assistant continuing education, and dental administration professional certificate program.

Each of these programs offer students a different set of skills and knowledge for those interested in working in the dental industry.

The dental assistant professional certificate program is for anyone who wants to work directly with the dentist treating patients.

Dental assistant continuing education offers a variety of post-graduate modules to



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registered dental assistants in the province.

And the dental administration professional certificate program is for anyone who wants to work directly with patients as the first person they see when they enter the dental office.

Columbia College also hosts clinics twice each year, where the dental assistant students provide dental services to the public for only \$10 (contact for services provided).

The next session will take place from April 3-27.

For more information about the dental department and the programs offered, visit columbia.ab.ca.

Boost your career options in the IT field

Are you dissatisfied with how much you're earning at work? Do you have an eye for detail and do you like helping people? You might be a good fit for a career in information technology (IT).

The demand for competent IT professionals is growing. By 2019, organizations in Alberta will be looking to fill about 17,300 positions in the IT industry, according to a recent labour market report by the Digital Adoption Compass.

These jobs are accessible to you with the right education.

The technology programs at CDI College are a great place to start. The college offers certificate and diploma programs that will give you the cutting-edge knowledge and skills you need to advance your career in the field, and earn that salary you're looking for.

Programs include computer support technician, network systems administrator and network systems management.

With any of these programs, you'll become



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equipped to work in a wide variety of settings. IT is an essential service that every organization needs, and you'll become a crucial part of the team.

CDI's programs are continually reviewed by industry professionals to ensure students graduate with the most up-to-date skills, so they can hit the ground running in the technology industry.

To learn more about CDI College's technology programs, visit abnetworking.cdicollege.ca, or call 1-800-675-4392.

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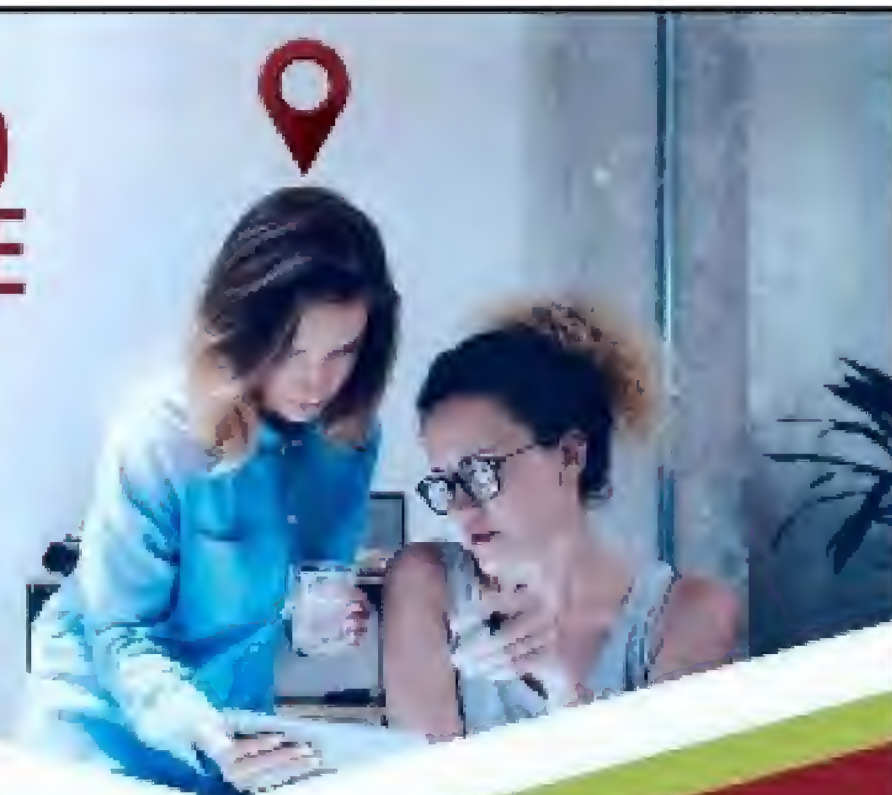
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Open your ears and spring into concerts and events

March Madness has a nice ring to it; much like the Bella Concert Hall in Mount Royal University's Taylor Centre for the Performing Arts.

"It's a great time for Calgary to get out of hibernation mode and come see a show," says Mark DeJong, artistic program coordinator for the Mount Royal University Conservatory.

"With the variety of programming we have, it'll be like taking a trip in your own hometown."

DeJong and his colleagues are offering a 40 per cent discount on tickets to a handful of events while supplies last.

Performances include the world-renowned Kronos (string) Quartet on March 22 and the Afro-Cuban rhythms of the Pedrito Martinez Group on April 22.

"We're having a Cuban jam after party for anyone who'd like to stay after the show," says DeJong.

For family audiences, the locally produced show The Queen, the Bear and the

WITH THE VARIETY OF PROGRAMMING WE HAVE, IT'LL BE LIKE TAKING A TRIP IN YOUR OWN HOMETOWN.

— Mark DeJong

Bumblebee will take place on April 23. Starring Alberta Ballet's Yukichi Hattori and local storyteller Samantha Whelan Kotkas, this tale will be brought to life with music, dance, drama and the Calgary Boys Choir.

"Cowtown Opera's always an audience favourite," DeJong says.

"It's going to be a sing-along experience, so brush up on your Disney lyrics and 'let it go' at the Bella."

The ensemble appears onstage on April 2.

The concert hall, which opened in the fall of 2015 is just finishing its first season of productions featuring artists like Ziggy



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Marley, Chantal Kreviazuk and famed astronaut Chris Hadfield.

"They all love the space," says DeJong.

For more information or to take advantage of the ticket discount, use code MRU-MARCH, and visit mru.ca/enjoy.

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TAKE THE NEXT STEP TOWARD A REWARDING CAREER

Spring is a time for new awakenings.

At Mount Royal University, there are a host of continuing education programs, certificates and courses waiting for you to discover.

If you're looking to upgrade your skills, look no further than the project management or contract management programs to ensure you're up-to-date with industry practices from industry professionals.

There are many who are looking to transition into a new and rewarding career.

With certificates in supply chain management, payroll and digital communications, you can gain new accredited experience to get a fresh start.

You can even take the entrepreneurship program to give you the tools you need to succeed on your new initiative.

For those planning to travel, you can always learn some useful phrases to help you on your journey with the Languages Institute.

Others focused on pursuing a passion will have plenty of options to choose from in Continuing Education.

From photography to floral design, interior decorating to Feng Shui, you will fuel your desire to explore and might even create a new career opportunity.

Finally, you can enhance your world with performing arts.



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MRU Conservatory offers music and speech arts options accessible to all ages for you to take the spotlight.

With in class and online course options, flexible delivery times and high instructor to student ratios, MRU Continuing Education is a great step for lifelong learners.

The Spring/Summer course calendar is available online after March 14.

Take a moment to find what's next for you at mru.ca/conted.

POST-SECONDARY STUDENTS ENGAGE WITH THEIR COMMUNITY THROUGH VOLUNTEER WORK

'It provides students with opportunities to build knowledge and to develop new skills while giving back...'

You're a busy bee with little time to spare between lectures, essays and exams, but if there's even a hint of something lacking in your weekly routine, academic advisors suggest you may want to get serious about giving back.

"Engaging in volunteer work during post-secondary school provides tremendous benefits for students both immediately and in the future," says Dianne Twombly, manager of career development at York University's career centre.

"Immediately, it provides students with opportunities to build knowledge and to develop new skills while giving back to the community," she says. "It also shows prospective employers that a student is engaged with their community and dedicated to making a difference in the world around them, which speaks to a student's character and is a huge plus."

Kelly Hollingshead, community engaged learning co-ordinator at Western University, adds that on a personal level, volunteer work builds strength of character by empowering students to take responsibility for things that are happening within the community they now call home.

"When people participate in community engagement efforts they're able to contribute to enact change rather than passively accepting the circumstances under which they live," Hollingshead says. "In this way, community engagement strengthens community spirit and levels of social inclusion and belonging of its members."

As a starting point, Dianne Twombly suggests looking to Volunteer Canada, an online directory of volunteer organizations, or visiting an on-campus volunteer fair, where representatives from non-profit organizations who are looking for volunteers come to talk to students about the opportunities available.

"Before volunteering, ask lots of questions of both yourself and the organization you're interested in," says Twombly. "What specifically will be involved in the placement? Do the tasks associated with the placement align with the skills I'm hoping to develop? Are there opportunities to get involved in other aspects of the organization?"

Twombly reminds us that it's equally important to understand the type of commitment involved and to ensure that you're able to see it through.

"Students often have to juggle many different responsibilities in order to accommodate a volunteer placement and should be aware of exactly how much time and energy they have to spare."

And once a student has found the right fit, Kelly Hollingshead assures that the work they'll do, although free-of-charge, will pay off greatly in the long run.

"In the future, the benefits gained from volunteer opportunities help students boost career options in an increasingly diverse workplace, identify potential employment references and become passionate community leaders with a strong sense of civic responsibility."

—LIZ BEDDALL



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ADVANCE YOUR LEARNING AND CONNECT WITH THE COMMUNITY AT MRU

Mount Royal is a university where students really feel like they belong to something bigger.

"There's a lot to choose from in the post-secondary environment but Mount Royal stands above the rest as a community of student peers, faculty and staff dedicated to student success," says Shea Ellingham, manager, academic advising services at Mount Royal University.

"As a growing university, there are limitless opportunities to be creative and innovative — Mount Royal students gain confidence in their abilities through real experience."

MRU is not only a great starting point to get a career-oriented, undergraduate degree, it's also a place where students can get a degree that will be recognized by graduate schools across the country and around the world.

"MRU is a great choice for anyone looking to advance their learning for the next stage in their career or academic life," says Ellingham.

"With 12 degrees and 31 majors to choose from, a strong history of teaching excellence, and many student services to support academic success, students of MRU find excellence no matter what their field."

At MRU there are clubs, student groups and leadership opportunities for those who really want to become connected with their community.

"We like to give back too, through community engaged research, field schools and community service learning projects, students aren't just able to walk the MRU halls, but make an impact in Calgary and abroad," says Ellingham.

A MRU education opens doors by offering hands-on learning and opportunities for internships and co-op work placements.

"Our faculty are connected to their industries and there are networking events through the year with MRU alumni and industry-specific professionals," says Ellingham.

"Students are also engaged in research early in their academics at Mount Royal, preparing students for graduate schools."

To help students continue on their journeys beyond their time at MRU, the career services department helps students with resumes, interviewing and placements.

"Employers aren't just looking for skills specific to a job, they're looking for well-rounded individuals who show multi-disciplinary competencies, like communication and numeracy," says Ellingham.

"Mount Royal's general education component ensures our graduates have a broader understanding of the world and practical knowledge."

For those interested in belonging to the MRU community, first check out mroyal.ca for its degree offerings and then book a session with a recruitment officer and book a campus tour.

"We can help you explore the options that get you closer to fulfilling your passions," says Ellingham.

For more information about MRU, visit mru.ca/belong.

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Northwestern finally gets in on Madness

NCAA BASKETBALL

Illinois school makes it to tournament for first time

Northwestern's agonizing wait went down to the wire.

All those forgettable moments and tantalizing teases over the previous 77 seasons were cast aside Sunday as the Wildcats celebrated their first NCAA Tournament bid when the final section of the bracket was revealed. By earning the No. 8 seed in the West Region, Northwestern will face ninth-seeded Vanderbilt on Thursday in Salt Lake City.

Northwestern ceded the title of having the longest tourney drought among power-five conference schools to Rutgers by becoming one of five first-time entrants in the 68-team field — the most since the field expanded to 40 in 1979.

The immediate reaction inside Welsh-Ryan Arena in Evanston, Ill., included fists pumping, fans cheering and band members spilling onto the court. Outside the arena, the celebration included Twitter posts from notable alums including actress Julia Louis-Dreyfus.

"To see all of this, it gets you emotional because these are the things we all dreamed of," coach Chris Collins said. "To see the guys very emotional before we



Northwestern coach Chris Collins, centre, players and supporters in Evanston, Ill., react as the team was named to the NCAA Tournament on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

came out, this has meant a lot to them and it's something we put a lot into, and just a really special day. You don't get many chances in life in anything to be a part of something historical, things that have never ever been done."

Before Collins arrived in 2013-14, moments like this one seemed as implausible as the Chicago Cubs winning the World Series.

Now, in a five-month span, both droughts are over thanks largely to men who insisted players believe.

“

When we finally got called it was just a huge sigh of relief.

Scottie Lindsey, Northwestern swingman

In Collins' case, he instilled such a strong sense of purpose that his players already were donning T-shirts that read "Northwestern" on one line and "March

into April" on the other.

"I'm used to being part of all the 'firsts' here. I was Coach Col-

lins' first recruit," sophomore forward Vic Law said. "That belief that we all had — that vision that me and Coach Collins shared — was that this would be different."

Last year, 20 wins were not good enough. This year, the Wildcats (23-11) refused to be kept out. They broke the school record for wins and reached the Big Ten Tournament semifinals for the first time.

Joining Northwestern as schools in the tournament for the first time are Northern Kentucky, Jacksonville State, North Dakota and UC Davis.

THE ASSOCIATED PRESS

NHL

Coaching changes spark turnarounds

Change the coach, get a boost.

It's worked almost without exception in the NHL so far this season. Five teams have fired their coach and all, to some degree, have seen an improvement.

The Montreal Canadiens were the latest to make the move, replacing Michel Therrien with Claude Julien in mid-February. They've since reeled off eight wins in 11 games while maintaining their tenuous hold on the Atlantic Division.

Julien's former team in Boston, meanwhile, has fared excellently under Bruce Cassidy, boasting 10 wins in 13 games

ahead of a Monday night clash in Vancouver. The Bruins' special teams have remained superb since the change, goaltender Tuukka Rask has found his game

and the club is scoring a lot more than before.

The New York Islanders have found similar success under Doug Weight (15-7-3) and St. Louis has gotten a decent bump since Mike Yeo (11-6-0 before Monday night's game) got started.

Florida made the earliest change, dropping Gerard Gallant for general manager Tom Rowe, but the Panthers are falling fast out of the Eastern Conference playoff race.

THE CANADIAN PRESS

.952

Carey Price's save percentage under new Montreal head coach Claude Julien.

FOOTBALL

Laval's Auclair grins and bears pro day

For the majority of football players, a pro day is an opportunity to show off their athleticism. On Monday, Antony Auclair used his to display his grit and toughness.

The Laval Rouge et Or tight end went through his paces before 17 NFL scouts. And the native of Notre-Dame-des-Pins, Que., did so despite suffering a pulled hamstring roughly 10 days ago.

The six-foot-six, 254-pound Auclair posted a 33-1/2-inch vertical jump and nine-foot,



Antony Auclair
ULAVAL.CA

nine-inch broad jump — both solid indicators of explosion and lower-body strength. Auclair, 23, also registered a personal-best 22 reps in the 225-pound bench press and a respectable 40-yard dash time of 4.82 seconds given his physical condition.

THE CANADIAN PRESS



Jonas Valanciunas throws down two of his 14 points on Monday night.
TORSTAR NEWS SERVICE

NBA

Raptors return to win column

DeMar DeRozan scored 25 points to lift Toronto 100-78 over the Dallas Mavericks on Monday, a much-needed win in the Raptors' battle for playoff positioning.

Jonas Valanciunas added 14 points and 12 rebounds as the Raptors (39-28) won for the first time in three games. Norman Powell chipped in with 19 points, while Patrick Patterson and Delon Wright added 11 apiece.

Dirk Nowitzki, who at 38 recently became one of six players in NBA history to score more than 30,000 points, led

MONDAY In Toronto



the Mavericks (28-38) with 17 points.

Back home after going 2-3 on the road, and playing their 10th straight game without three-time all-star Kyle Lowry, the Raptors led for much of the night but didn't put double digits on their opponent until the third quarter. Toronto

took a 79-66 advantage into the fourth.

With 15 games left in the regular-season, the Raptors — fourth in the Eastern Conference — continue to chase Washington and Boston, who each had 3.5 games on Toronto ahead of Monday's action.

Cleveland leads the East, five-and-a-half games ahead of Toronto.

The Raptors host the Oklahoma City Thunder on Thursday, play in Detroit on Friday, then are back home to host Indiana on Sunday.

THE CANADIAN PRESS

IN BRIEF

Gregorius leads Dutch team to rout over Israel

Didi Gregorius drove in five runs Monday to lead the Netherlands over Israel 12-2 and hand the tournament debutants their first loss of the World Baseball Classic.

Gregorius doubled in a run in the third when the Netherlands scored four to take a 6-0 lead. The designated hitter then hit a three-run homer in the fourth to make it 10-0.

Gregorius also drove in a run in the eighth on a sacrifice fly.

THE ASSOCIATED PRESS

Ware calls it quits with 138.5 career sacks

DeMarcus Ware won't be returning to the Dallas Cowboys nor the Denver Broncos as expected. The 12-year NFL veteran is instead retiring from the NFL.

Ware retires with 138.5 sacks, eighth on the career list.

Ware announced his decision Monday on Twitter. "Long-term health of quality of life outweigh the spark and passion to play that I once had," he wrote.

THE ASSOCIATED PRESS

Red Devils doused by Blues

FACUP

Kante's rare tally sends Chelsea on its way to semis

N'Golo Kante sent Chelsea into an FA Cup semifinal meeting with Tottenham by ending Manchester United's title defence on Monday, sealing a 1-0 victory.

after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge in London.

Herrera was booked twice — the first time harshly — for fouling Chelsea winger Eden Hazard, leaving United a man down from the 35th minute while already trying to cope without suspended top-scorer Zlatan Ibrahimovic.

Kante broke the deadlock five minutes into the second half after France teammate Paul Pogba failed to close him down

before unleashing a shot from 20 yards that beat goalkeeper David De Gea.

It was only the second goal for the midfielder since joining Chelsea last summer as a Premier League champion from Leicester. The other also came in the league against United, which hasn't won at Chelsea in five years.

Former club Chelsea, the runaway Premier League leader, remains on course to complete Antonio Conte's first year with

a double. If Chelsea can get past London rival Tottenham in the semifinal, it will play either Manchester City or Arsenal.

It was a typically combustible return to Stamford Bridge for United manager Jose Mourinho. "You're not special anymore," Chelsea fans sang to the former Blues boss, between expletive-filled chants directed at the self-styled "Special One" who they branded "ludas."

THE ASSOCIATED PRESS



Chelsea's N'Golo Kante, left, clashes with Manchester United's Paul Pogba on Monday. JULIAN FINNEY/GETTY IMAGES

ATHLETICS

Running legend Whitlock dies at 86

Ed Whitlock had a love/hate relationship with running. The promise of fast finishes and smashed records always pulled him — grudgingly — back to the trails.

The decorated marathon runner, who famously broke records well into his 70s and 80s, died Monday, just a week after his 86th birthday. Whitlock's family said he died of prostate cancer in a Toronto hospital.

"His wisdom, guidance and strength of character will be greatly missed by his wife Brenda, sons Neil and Clive, and sister Catherine," Whitlock's family said in a statement distributed by Canada Running Series, the organizer of the annual Scotiabank Toronto Waterfront Marathon.

The British-born resident of Milton, Ont., who called his training runs "a chore," holds more than three dozen world records from the road and the track. He became the first septuagenarian to run a marathon in under three hours when he posted a time of two hours 59 minutes 10 seconds at age 72 at the 2003



Ed Whitlock THE CANADIAN PRESS

Scotiabank event.

A year later he improved that record with a time of 2:54:49, a result that, if age-graded, is considered by many to be the fastest marathon ever run. Alan Brooks, the race director of the Toronto event, called Whitlock a "legend." THE CANADIAN PRESS

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MSRP \$16,955
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FINANCE

\$84/BW

Finance purchase
\$14,955

LEASE

\$70/BW

Lease purchase
\$14,935

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2017 SORENTO LX

CASH PURCHASE

\$28,235

MSRP \$34,235
<\$6000>
TRADING DOLLARS

FINANCE

\$156/BW

Finance purchase
\$34,235

LEASE

\$156/BW

Lease purchase
\$34,235

STK: N475109

2017 RIO 4 LX

STK: H020107B

CASH PURCHASE

\$13,855

MSRP \$17,855
<\$4000>
TRADING DOLLARS

FINANCE

\$84/BW

Finance purchase
\$17,855

LEASE

\$86/BW

Lease purchase
\$17,855

STK: H1221999

2017 SOUL LX

CASH PURCHASE

\$18,835

MSRP \$24,835
<\$6000>
TRADING DOLLARS

FINANCE

\$107/BW

Finance purchase
\$24,835

LEASE

\$97/BW

Lease purchase
\$24,835

2017 SPORTAGE LX

CASH PURCHASE

\$25,435

MSRP \$31,435
<\$6000>
TRADING DOLLARS

FINANCE

\$160/BW

Finance purchase
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LEASE

\$134/BW

Lease purchase
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For Metro Canada

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Ready in 10 minutes
Serves 2

Ingredients

- 1 can tuna packed in water
- 1 stem of celery chopped fine
- 1 or 2 Tbsp mayonnaise
- 3 or 4 cherry tomatoes chopped
- 1 carrot, grated

- 1/2 avocado sliced
- 2 tortillas

Directions

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.

2. On the tortilla, make stripes of the tuna mixture, grated carrots and avocado slices.

3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

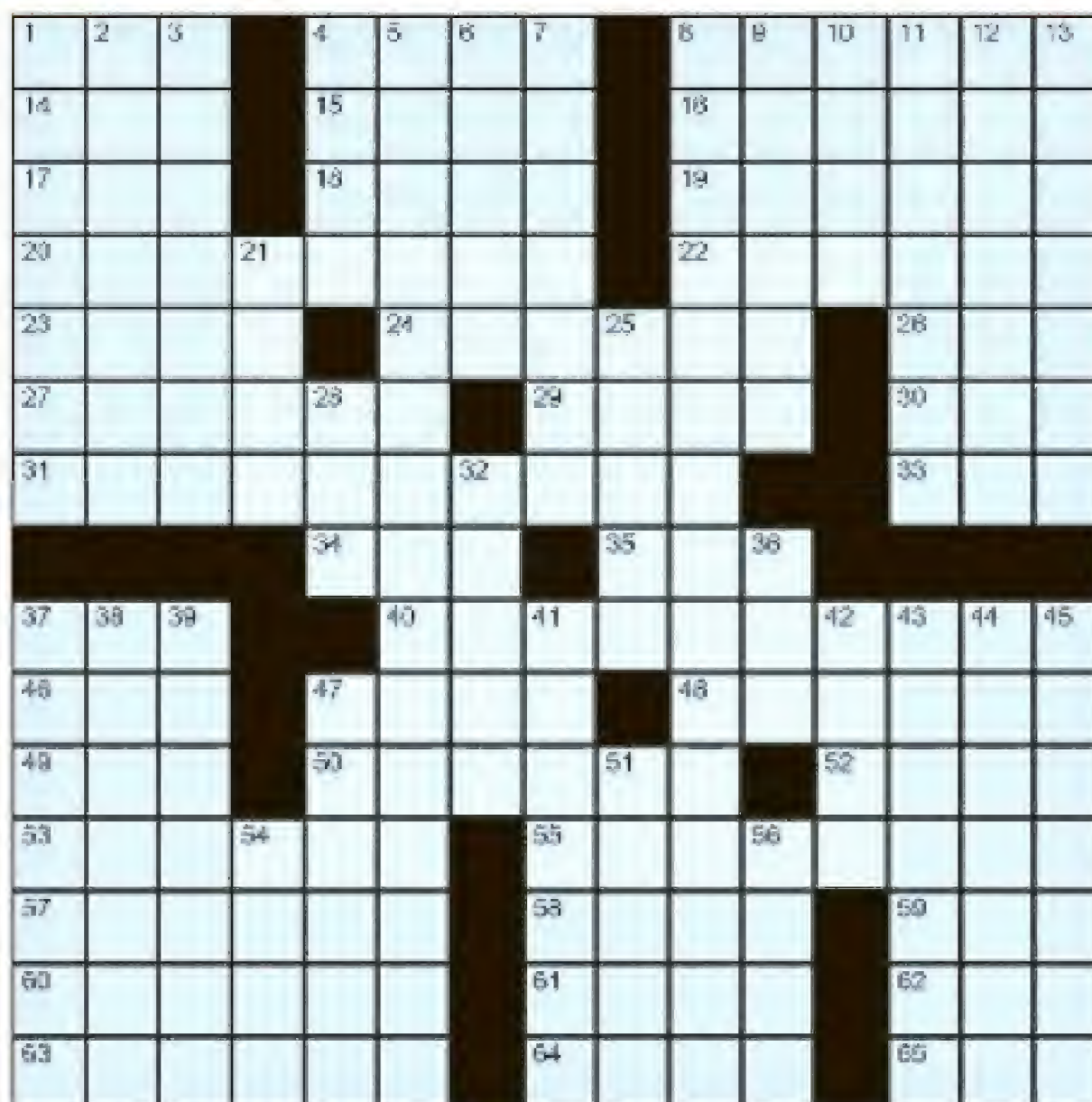
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Seal herd
4. Take __ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meower
14. 'Is', plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. __ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me-__
31. "Obladi, Oblada, __" - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson __
49. " __-haw!"
50. Metallica drummer Lars



52. Li'l owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime lifestyle show: 2 wds.
57. Unrepeated happening
58. Grouping

59. __-disant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in clothing store changing rooms

64. Robert of "The Brady Bunch"
65. Washington politician, wee-ly

post-mission
4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. " __ Extremes" by Billy Joel
7. Picasso's fashionable daughter, and

namesakes
8. Kraft Dinner: wd. + symbol + wd
9. __ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, __, __, Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward __ (b.1857 - d.1934)
36. __ John A. MacDonald
37. Particular protest
38. Primping person
39. 1996 Mother Earth album: " __ and Fish"
41. Bypassing being
42. __ tea (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. " __ U.S.A." by The Beach Boys
51. South American country
54. Benicio Del __
56. Alum

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

Gemini May 22 - June 21
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

Cancer June 22 - July 23
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

Leo July 24 - Aug. 23
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

Virgo Aug. 24 - Sept. 23
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

Libra Sept. 24 - Oct. 23
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

Scorpio Oct. 24 - Nov. 22
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

Sagittarius Nov. 23 - Dec. 21
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

Aquarius Jan. 21 - Feb. 19
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

Pisces Feb. 20 - March 20
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

CONCEPTIS SUDOKU by Dave Green

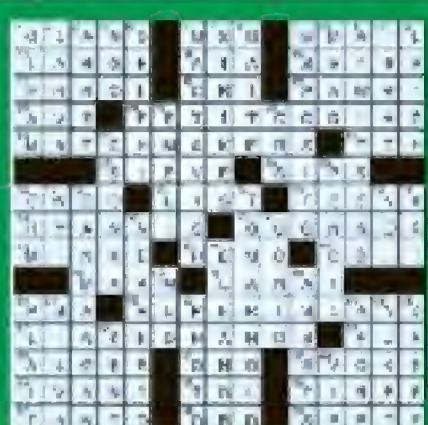
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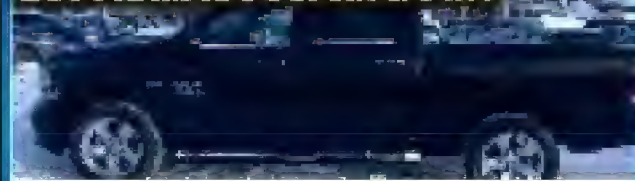
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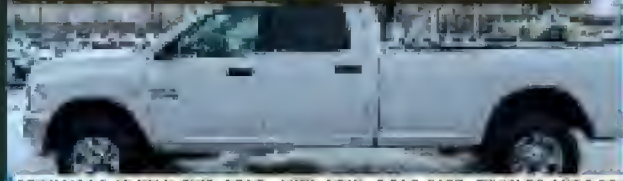
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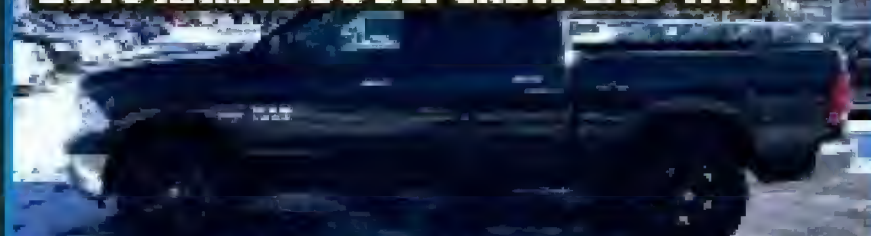
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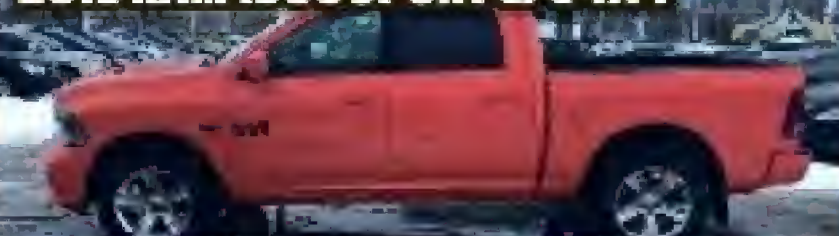
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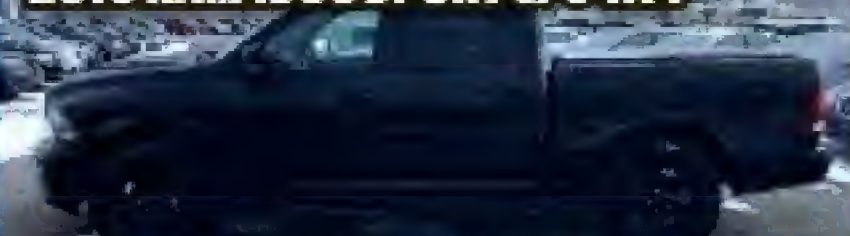
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